

Lambda's Election Issue

LAMBDA

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Basketball season ends with intense playoff games

BY LAUREN LAROCQUE
SPORTS EDITOR

The Lady Vees basketball team began their playoff run on February 17 with an easy victory over the Carleton Ravens. The Lady Vees won their quarter-final game with a final score of 77-57. The game was intense and fast, with both teams eager to keep the other from taking a strong lead. After ten minutes of play, the score was a tight 20-15 for the Lady Vees. Laurentian came back fighting in the second quarter to gain a lead of 43-30, capitalizing on Carleton's weaker defense.

The second half of the game was much more offensive than the first. In the third quarter Carleton was trounced, with the Lady Vees outscoring them 21-4. Carleton regained some of their momentum in the fourth quarter, but it was not enough to defeat Laurentian. The final score of the game was 77-57 for the Lady Vees. The win enabled them to move on to the OUA East semi-finals.

Head Coach Mike Clarke said "Overall, we did what we were supposed to do and we are looking forward to the OUA East semi-final". Cassandra Carpenter led the Lady Vees in points with nineteen points and nine rebounds, followed by Darrah Bumstead with sixteen points and six rebounds.

The women advanced on to the semi final round, although this time they were not so lucky, losing to the Queen's Golden Gaels with a final score of 64-58. The first half of the game was nerve-racking, with both teams playing an energetic first half, ending with the Lady Vees trailing by only three points. Unfortunately, Laurentian was not able to keep up with the Golden Gaels as they increased

their lead in the third quarter, and gained more momentum in the last quarter to increase it by even more. The loss would mark the end of the season for the Lady Vees. Coach Clarke remarked "I'm disappointed to finish the season that way. They got hot and hit five key 3-pointers down the stretch. Despite a difficult loss, I would like to compliment our seniors. They were a great representative of our basketball program". Once again, Cassandra Carpenter led the Lady Vees in scoring, this time with 39 points and 12 rebounds.

While their competitive season may have been over, the Lady Vees continued to gain recognition for a successful season as the CIS named two Laurentian players to their all-star teams. Carpenter was named to the second-team all-Canadian team, and stand-out rookie Katie Goggins was named to the CIS all-rookie team.

Next year the team loses key players such as Cassandra Carpenter and Lisa Roberts, but they are gaining the contribution of Kelly and Kauri Lafontaine. The Lafontaine sisters previously played with the University of Toronto, but due to transfer rules were unable to compete for Laurentian over the 2006-2007 season.

The men's team also played in the East OUA play-offs, but their path there was not as easy as the women's team. On February 9, they faced off against the Ryerson Rams to battle for the final spot in the East division. The Pot Bangers came out in full swing, filling the Ben Avery with cheering as Laurentian defeated the Rams with a decisive 71-53 victory.

The game was intense, with so much riding on the line for both teams. Adding to the intensi-



Contributed

The 2006-2007 Lady Vees varsity basketball team

ty was that, in accordance with tie-breaking rules, in order to advance to the play-offs the Vees had to win by a minimum of five points.

After the game, Laurentian Head Coach Virgil Hill said "It was a great team win, everyone who got in tonight contributed. We did it with a selfless, team first attitude". Brody Bishop (23 points, 3 rebounds) and Ryan Vetrie (11 points, 6 rebounds) led the scoring for Laurentian.

Earning a spot in the play-offs came down to a game versus York; a win for Laurentian would earn them the final spot in the play-offs. The Vees ended up losing to York, but still managed to earn a play-off spot. Once again, the Ryerson Rams played a key role in Laurentian's road to the play-offs. Since they lost their final game of the season as well, versus University of Toronto,

their loss dropped them out of the final play-off spot and allowed Laurentian to qualify.

Play-offs for the Vees began on February 21, when the team travelled to the University of Toronto to face off against the Varsity Blues. The game was set to be interesting, because the Vees had played strongly against the Varsity Blues during the regular season. This, however, is not accurately demonstrated when looking at the game statistics, which shows the Varsity Blues winning both games by an average of sixteen points. In their first match-up of the season, the Vees suffered a slump in the first half, ending the half behind by twenty-nine points. Taking that half out of the equation, the Vees trailed the Varsity Blues in points by only three points. The final game versus these two teams in the regular season went in to overtime,

so this play-off game was definitely set to be intense.

The Vees came out playing hard, putting extra pressure on the Varsity Blues' defence. The Blues managed to regain their momentum, and by half-time Laurentian was down 35-28. Toronto seemed to gain confidence from gaining a lead, and managed to increase the lead to a final score of 77-58. Head coach Virgil Hill explained the loss, saying "We didn't shoot the ball well and we were not able to bounce back during the first half".

Both the Lady Vees and the Vees had successful season and played hard in both their respective regular seasons and play-offs. The fans and Pot-Bangers were loud all season, so save your pots and get ready for the 2007-2008 season.

LU shines at nordic ski championships

CONTRIBUTED BY
LAURENTIAN VARSITY
OFFICE

Another OUA Nordic Ski season has come to an end with the Laurentian men and women taking to the trails at the OUA Championships, hosted by Carleton, over the weekend. Second year skier Julie Porter shined for the Vees taking home a silver medal in the overall individual standings. As teams, the Lady Vees finished in second place with 107 points, while the men were tied for fourth with 181 points.

On day one of the championships, Porter (Caledon East, Ont.) led the way for the Lady Vees on the trails taking home a gold medal in the five kilometre freestyle race, and then silver medal in the three-by-two kilometre relay race with team-

mates Mary Thomson (Woodstock, Ont.) and Aden Beresford (Orillia, Ont.). In the five kilometre race, Porter's time of 17:29.5 was a full 24 seconds faster than her closest competitor. Thomson also fared well in the freestyle race finishing a minute back of Porter in sixth place in time of 18:28.6.

In the men's 10 kilometre race, Victor Wiltmann (Dillon, Ont.) was the highest finisher in 12th place in a time of 35:01.0. In relay action, the Laurentian A team of Wiltmann, Andrew Dale (Sudbury, Ont.) and James Larmer (Sudbury) were seventh in a time of 44:34.0.

On day two of the championships the Vees and Voyageurs were out to battle hard and move up the standings. Porter and Wiltmann once again led the way for their respective squads with Wiltmann finishing

13th in a time of 55:36.8 and Porter finishing in fifth place in a time of 39:49.2, due a stumble that occurred while leading going down the last hill. Thomson also had a good race on Sunday finishing in seventh place in a time of 41:22.6.

Overall, the Lady Vees finished in second place with 107 points, while the men were fifth with 181 points. Julie Porters strong performance earned her an individual overall silver medal, losing the overall title by a mere five seconds to Lakehead's Rena Bode.

With the season over, the OUA also announced their award winners with Porter and Thomson both receiving OUA all-star awards. Porter made the first team, while Thomson was named a second-team all-star.

With the varsity ski season over, the Laurentian Nordic skiers turned their attention to

the club scene where a group Lady Vees and Voyageurs competed in the fourth Ontario Cup race. Mary Thomson took home two silver medals while Julie Porter earned one gold medal.

The Lady Vees competed in the sprints in Open women's category.

Thompson (Woodstock, Ont.) finished in second place with a time of 3:29.93, while Porter (Caledon East, Ont.) was just under one second back of her in fifth place in a time of 3:30.89. Vees Julia Winter (Lafontaine, Ont.) and Aden Beresford (Orillia, Ont.) were sixth and 12th respectively with Winter skiing a time of 3:45.42 and Beresford finishing in 4:08.27.

In the men's open sprints two Voyageurs competed with Brendan Waddell (Sudbury, Ont.) finishing in 14th place in 3:12.85 and Victor Wiltmann (Dillon, Ont.) finishing in 15th

place in 3:13.26.

On day two of the meet Porter and Thomson continued their strong performances earning them selves a one-two finish in the junior women's 10 kilometre race. Porter won the gold with a time of 31:03.7 which was almost a full two minutes faster than Thompson's silver medal winning time of 32:53.8. Winter and Beresford also competed on day two and earned themselves a fifth and sixth place finish. Winter finished the 10 kilometre course in 34:38.0, while Beresford finished in 35:11.7.

In the men's races, Wiltmann and Waddell each earned a tenth place finishes in their respective categories. Wiltmann competed in the junior men's and finished with a time of 39:34.0, while Waddell competed in the open mens and finished in a time of 39:17.0.

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Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association / Association generale des etudiantes, yet remains autonomous from all university organizations, both student and administrative.

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WRITE TO US

Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.

E-MAIL SUBMISSIONS

Please e-mail submissions to lambda@laurentian.ca. Ensure the file is saved as TEXT or Word, as other files may not be transferable to Mac format. To be considered for print, all submissions must have your name and student number.

EDITOR'S CORNER

It's time for Elections!

Well here it is folks, Lambda's special SGA/AGE Election Issue. If you've merely skimmed every issue throughout the year, this is the one you want to pick up and read through. Each candidate has put together a short bio and outlined their platform for you. More than just another medium through which to campaign, this issue is designed for the voters so that you can get a better idea of what is going on throughout the next week.

The most important thing that you need to know is that you HAVE to vote. Well, you don't have to vote, but you definitely should. There are many and more very important issues that are affecting students, and it will fall upon one of the individuals presented in this issue to make decisions about these issues on your behalf. If we look at the U-Pass that students voted on last year and which came into effect this year, we can see a perfect example of why voting is so important. Many students came to the SGA

Editorial



office or could be heard in the hallways complaining about the U-Pass and the extra cost to support it, and yet when asked how they voted, these same very opin-

ionated students claimed that they hadn't! Some said they hadn't expected it to pass, so they didn't bother. It likely bothered them to know that the U-Pass was ratified by a very slim margin, and that had they actually voted they would have likely seen their desired result. The moral of this story is not to expect a certain result, but to go out and make it happen. On voting day, you should all do your best to get to the polls.

Last year, the voter turnout was a meek 22% of the SGA student body. At least 15% of the SGA student body must vote in order for the election to reach quorum. If we lose 7% voter turnout this year, the election will not be valid. I know that as a community we care more than what these figures show, and I know that we can do better. That being said, the SGA elections have the highest voter turnout amongst all of the Canadian universities, so maybe I shouldn't complain so much.

Another important thing for

students to know is that just because some of the candidates have been acclaimed, that does not mean that you don't have a say in what they do. The SGA represents the students, and as such they are accountable to you. That means that even though you do not get the opportunity to vote for certain positions, your voice still matters. As such, at any time you can stop by and visit your representatives and talk to them about certain issues or decisions that have been made. You can offer them suggestions, solutions, and criticisms. All of these things are within your power as a student of the SGA. The power you have doesn't go away after your vote is cast. Instead, if you choose to take an active role in the LU community, your power grows.

Remember, these candidates are running to represent you. Don't let apathy lead to misrepresentation, especially when it is your education on the line. Don't forget to vote.

President and Vice-President Responsibilities

As outlined in the SGA/AGE Constitution

Responsibilities of the President

- co-ordinate the actions of the SGA/AGE Executive and Board
- act as the official spokesperson for the SGA/AGE
- be a member of the University Senate and Board of Governors
- be an ex-officio member of each of the Standing Committees
- have authority to call emergency SGA/AGE Board, Executive, Standing Committee and General meetings when necessary, not withstanding any clause in the bylaws
- act as Chief Executive and Administrative Officer of the SGA/AGE
- advise, assist and encourage the members of the SGA/AGE Board and other positions in carrying out their duties
- advise, assist and represent SGA/AGE members in developing academic and financial appeals
- co-ordinate and chair the actions of the Constitution&Policy and Finance Committees
- have signing authority over SGA/AGE funds in conjunction with the Executive Director
- ensure the preparation of a budget before the third regular Board meeting
- ensure that an annual audit is completed
- attempt to ensure that the affairs of the SGA/AGE are conducted in a fiscally responsible manner
- research the past Executives and Boards with the VP Issues to ensure completion of long term goals
- attempt to ensure all monies controlled or allocated by the SGA/AGE Board are used for the purposes for which they were designated
- represent the SGA/AGE to external organizations, bodies and governments

Responsibilities of the VP Services

- co-ordinate and chair the actions of the Services and Clubs Committees
- assume the position of President on a temporary basis should that position and the position of VP Issues become vacant
- receive requests for financial assistance from clubs and organizations and present them to the Finance Committee
- liaise with the clubs and organizations and advise them on financial matters while ensuring they are operating according to SGA/AGE requirements
- establish and maintain a student discount service during the months of May and June
- co-ordinate the planning and organization of Orientation and other major SGA social events
- co-ordinate the planning and organization of Alcohol Awareness, AIDS Awareness and Safe Break weeks
- assist clubs in their application for recognition and club funding, and ensure that a list of SGA/AGE recognized clubs remains current and available in the SGA/AGE office
- assist the Executive Director in coordinating the development and actions of the handbook publication
- liaise with external bodies
- co-ordinate and implement non-social services
- act as the official liaison between the SGA/AGE and all clubs
- be a member of the Laurentian University Orientation Committee to help facilitate a more effective Orientation for all first time Laurentian students
- liaise with other internal organizations to promote goals in accordance with Article One, Subsection One of the SGA/AGE Constitution
- offer alternatives for clubs, academic and residence councils to raise funds

Acclaimed Candidates found on page 3

Presidential and VP Services Candidates found on page 4

SGA ELECTION 2007

Your acclaimed candidates for 2007/08



Kayla Turpin

VP Issues

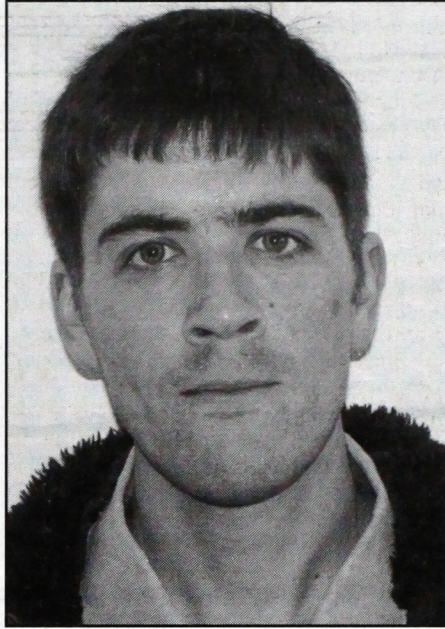
Hey everyone! My name is Kayla Turpin and I would am your VP Issues for next year. I've been really involved with the SGA/AGE this year, and I would love to be even more involved next year. I helped out with a lot of events for the SGA/AGE, from their Frosh Week

events to the actions around tuition reductions. Having seen a lot of how the association is run, I think that I am going to make a great VP Issues.

I am going into my fourth year of the Social Work program, and I feel that this gives me another advantage in being your VP Issues. I am trained to listen to and help solve problems, and my own focus has been on policy advocating. The struggles we have had with our program this year make me sensitive to the issues many students face in ensuring they get the most out of the education they've paid for.

Although I intend to allow you, the students, to define what issues I will work on next year, I think that there are a few that I would like to continue on from Justin's great work this year. I would like to continue lobbying for lower tuition fees, make sure students are informed and ready to vote when the provincial election comes in October, to ensure that we have really solid events around Black History Month and other awareness days, and I want to ensure that the associations continue to have a really strong working relationship with each other. Other than those ones, I intend to go to you and find out what issues you are facing as students.

I'm really looking forward to the election and the opportunity to meet all of you. If you have any questions or issues you would like me to answer or know about, just email me at kx_turpin@laurentian.ca. See you at the polling stations!



Kevin Grant

Senator

Allow me to introduce myself as one of your new SGA/AGE Board Senators for the 2007-08 Academic Year. I'm Kevin Grant and will be entering my fourth year of Social Work. While I was acclaimed a senator, my work will be nothing less of what you would come to

expect from senators of the past. Having served as the Treasurer of the Social Work Student Council for the past two years, I was also lucky enough to serve Social Work students in all three streams on the SGA/AGE Board for both of those years. The time has arrived to serve students of Social Work, and Laurentian in a different way; hence my desire to sit as a Senator in the upcoming year. Many senators before me have inspired me, and there are big shoes for me to fill. I welcome the challenge. Hope to see you all around campus next year!



Ryan Lafreniere

Senator

Hello Voyageurs. My name is Ryan Lafreniere and I will be enrolled in my third year at Laurentian University in the Biochemistry program next year. I have had the opportunity to sit on the LU Senate for the past year, representing SGA/AGE students. I am excited and look forward to working with the Senate again, as your representative, for

the 2007-2008 academic year.

The position allows a direct opportunity to present student issues and concerns to the university community. Since I am capable of relating to a large portion of the student body at Laurentian University, in both English and French, I am able to contribute all academic concerns and opinions of students. As a team player, my tactful and positive input make me an asset to the LU Senate. I am truly motivated to enhance the Voyageur experience for every student.

I encourage every student to please contact me if you have any concerns about anything related to academics at LU. My email is rx_lafraniere@laurentian.ca. Thank you.



Brodi Beegan

Off Campus Representative

My name is Brodi Beegan and I am currently an off-campus rep on the SGA board and I'm looking to renew that term for 2007-2008. I am a first year student who has yet to declare my intentions. I have been involved with the SGA all year as well as with Thorneloe Players in several of their theatrical offerings. I believe that off-campus students

are an intrinsic part of Laurentian University. They are the largest group and deserve a strong voice. I look forward to being one of those voices, please let me know if you have any thoughts or concerns. Yours in abjectscottishness, kilt and all,
Brodi

Election Information

Candidate Speeches:

Thursday, March 15th from 11:30am to 1pm in the Science II Cafeteria
and

Monday, March 19th from 11:30am to 1pm in the Great Hall

Polling Stations:

Wednesday, March 21st

Great Hall, Student Street, Huntington, UofS and Thorneloe (9am to 7pm)

Ben Avery (9am to 1pm) and Science II Caf (9am to 2pm)

Thursday, March 22

Great Hall, Student Street, Huntington (9am to 7pm)
Ben Avery (9am to 1pm) and Science II Caf (9am to 2pm)
note UofS and Thorneloe students vote at Huntington this day

Also, please remember that you must have your student card in order to vote!

SGA ELECTION 2007

Your Presidential Candidates 2007/08



Ed Baker

Experience. No other word better defines my candidacy. My name is Edward Baker and I am running for President of the SGA/AGE. I am a mature student in my fourth year and am currently the Vice-President of Inter-Administrational Affairs for LUPSA - the Laurentian University Political Science Association. I am also the LUPSA representative to the SGA/AGE board. In my previous three years at Laurentian, I was involved with the SGA/AGE as an Off-Campus Representative and volunteer with the Freeze for the Fees Action Day and Education Action Committee.

Before returning to school, I worked in the high tech sector managing the daily flow of millions of dollars in sensitive equipment. And for one year before returning to school, I worked as a supply teacher in a remote community in Northern Quebec. I also have a diploma in the legal field from Cambrian College. In addition to my experience, I have excellent organizational, writing and speaking skills. I believe those skills combined with my experience and maturity make me the

best candidate for the job!

If elected, I will work with Sudbury Transit to improve bus service to and from the campus in the evenings and on the weekends. I will also fight for better access for students to reach the south-end - WITHOUT having to transfer busses half-way through the trip. I also want to get improvements made to "the pit" parking lot for those who drive their vehicles to school. Food service is another issue that needs to be addressed here at Laurentian. If elected, I will work with Aramark to improve food service and menu choice.

Je crois vraiment que les étudiants devraient avoir le droit de choisir quelle association dont ils vont appartenir durant leurs études à l'Université Laurentienne. Pour plusieurs étudiants francophones, c'est l'AEF qui leur fournit la meilleure représentation culturelle, sociale et politique. Pour autres, l'AGE/SGA suffit aussi bien.

Je vous propose aujourd'hui l'idée de créer une Confédération des Associations qui unira tous ceux qui font leurs études post-secondaires à plein temps à l'Université Laurentienne. Cette Confédération des Associations permettra toujours aux différentes associations de retenir leur autonomie et leur indépendance. Ces associations continueront encore à travailler sur des sujets communs qui nous affectent tous.

THE STUDENTS, UNITED, WILL NEVER BE DEFEATED!

Un corps qui, à son tour, pourra mieux combattre des causes universelles telles que: geler ou même abaisser les frais scolaires, utiliser les outils et les ressources nécessaires pour fournir une éducation appropriée et augmenter la qualité globale de l'éducation fournie par l'Université.

Pour les étudiants francophones et bilingues qui choisissent d'être membre de l'AGE/SGA, j'aimerais vous assurer que, si élu, je vais travailler pour améliorer le niveau des services bilingues offerts par cette association générale. Un de mes buts sera de créer une association qui est plus inclusive et qui fournira de meilleurs services sans rendre la vie plus compliquer.

Ensemble nous pouvons créer un environnement où chacun se sent le bienvenu!



Sebastien Perth

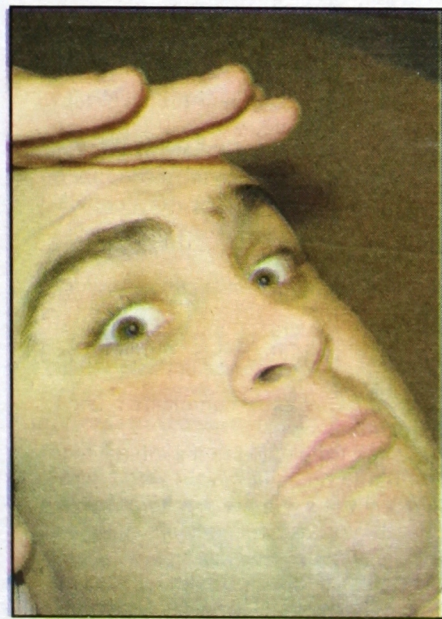
My name is Sébastien Perth and I am running for the position of President of the SGA. I want to be President because I believe the SGA can be more than what it is now. A bilingual student association in a bilingual school deserves a bilingual president. As president of the SGA I aim to bring students closer together, to foster a sense of pride towards Laurentian University. LU is unique in its makeup. A bilingual school, with small class size surrounded by all that nature has to offer. Lets take advantage of this! As president I will hold activities that promote a sense of community and bring students from different residences and programs together. I believe there is a lot to be gained from making connections outside of our usual circle of friends. As President, I want the SGA to hold the first annual LU Games: a team-based arts and athletics competition. As students, we come to Laurentian to learn, but who says we can't have fun now and then. As the post-secondary education leader in northern-ontario I want to hold a United Nations simulation at Laurentian, specifically for

northern-ontario students. Having participated in such an event, I know how beneficial it can be for young students seeking to broaden their experiences, and meet new people.

Si élu président de l'Association Général des Étudiants, j'en ferai mon devoir d'écouter la voix de tous les membres de l'AGE. De plus, je travaillerai avec les autres associations sur campus afin que la voix de tous étudiants soit entendue peut importe leurs association. N'est-il pas vrai qu'à la base nous sommes toutes des étudiants avec les mêmes inquiétudes. Finalement, le temps n'est-il pas venu que nous membres francophones de l'AGE soit bien représenté? La réponse est simple! Votez Sebastien Perth et vous serez entendu.

As a Political Science student, I have the knowledge and skills to fight for students' rights and needs. Such as a Four Corner bus to Laurentian and improved service from New Sudbury. The fight for lower tuition will go on, louder than ever. 2007 is an election year in Ontario, the perfect time to mobilize students and make it impossible for politicians to ignore us. I will not let this issue die. If elected, I will hold a forum to let students voice their opinions, concerns, suggestion etc. to their elected representatives. My current position as senator for the SGA has allowed me to gain valuable experience on senate, experience which will help me better serve SGA students. It would be a privilege to serve you as president, it all starts with a vote for Sébastien Perth on March 21/22.

Your VP Services Candidates 2007/08



Josh 'Jova' Hatt

Hey LU! Most of you will probably know me as "Jova," so that is how I am going to introduce myself, and I think I've got the parts for VP Services! I've lived in the UC/SSR residence complex for my entire 4 years here at LU. I've been an RA twice and the Residence Program Coordinator once! I thought that next year I would retire my services in residence, although I'll still be here, and

branch out to a larger scale.

If you wouldn't mind doing me a favor, I'd like you, for a moment, to imagine all of the activities that went on this year. Most of them were fun if you knew about them, right? Well, now imagine everything multiplied by 1,000! Yeah, that's right! Take Frosh Week activities like Beach Day, the Frosh packages, SGA/AGE Clubs, the curling bonspiel, and multiply it! I don't mean that if you vote me in we're literally going to have 1,000 separate Frosh weeks; but take 1,000 different Frosh weeks and wrap them all up into one big, exploding package of intense amaziness and we'll call it FROSH WEEK EXTRAORDINAIRE! Get the picture? Instead of saying "multiply by 1,000" each time, let's leave it as "JOVA-fy". I plan to JOVA-fy everything that is currently successful at the SGA/AGE and then add some things, like crazy advertising techniques so everyone knows what's going on all the time. I will take full advantage of new services like YOUTUBE and FACEBOOK, but no worries, I won't stop there. I've got the energy to bounce all over campus to advertise my events in person too!

If any of you reading this know who I am already, you know when I say JOVA-fy, I mean, next year is gonna be pretty amazing!!!! So let's end by saying, let me JOVA-fy the SGA/AGE next year!!!!



Joshua Buck

Hello everyone! I am Josh Buck and I am running for VP Student Services. Let me tell you a little bit about myself, I am a fourth year Religious Studies Major. I lived in Huntington Residence for three years and now I live off campus. I have been active on campus by attending many of the events over the years and I feel that I know what students who live both on campus and off want for activities. I have been involved in 3 frosh

weeks, I have had a position on the SGA Board representing the Huntington Students and I was VP of the Huntington Student Council last year. I was also a tour guide helping to show potential students our great school and campus. This year I have been involved with a program at the United Way that has given me a ton of great experience being on a Board of Directors of a local non profit organization. It was great meeting some really awesome people; because lets face it friends are what make the university experience so enjoyable. I strongly believe in the value of volunteering and giving back to one's community and as I have gained so much from my four years here, I would really like the opportunity to finish my university career by working for the SGA and for you the students. If you have any questions or concerns do not hesitate to contact me at Jx_Buck@laurentian.ca or feel free to come talk to me! As my first activity, I will be holding a Ping Pong Tournament this Friday March 16th from 10:30am until it is over, in the games room. I encourage everyone to come out and get to know me. I hope that everyone comes out and hears the speeches and, most importantly, to vote. I wish my running mate the best of luck in the polls and a good campaign for all.

CAMPUS NEWS

Hot Rocks impress Stones fans at Laurentian

BY MATTHEW MOSKAL
A & E EDITOR

Being in a band can be a lot like marriage. As a member of a group, one must commit themselves emotionally, physically, and mentally to make the "magic" happen. Commitment in creativity (or love) can be a huge gamble. Sometimes it pays off royally, and other times those who take the risk fail to see why they even took a chance in the first place. But one thing's for sure, at some point, the magic isn't going to be what it used to be. So how does one keep the magic alive? In a marriage, the spark of passion can find new light in the creation of a new life. In music, sometimes a band just has to look at up-and-coming artists they've influenced, people who've credited them as inspiration, or even bands that were created specifically to pay tribute to the nature of how a band once was. Had the Rolling Stones bared witness to Toronto's own Hot Rock's performance in Fraser Auditorium on Sunday March 11th, you could imagine the smuggest of grins donned on Mick Jagger's face.

Hot Rocks have been a Rolling Stones tribute band for over 5 years, but their love spans all the way back to their teen years. Drummer Rich Colgan recalls:

"I became a Stones fan when I was 12, when I first heard the album 'Hot Rocks - 1964-1971' and I was hooked."

This of course also inspired the group's name and key area of focus in terms of Stones material. Their performance encompasses fan favourites like "Paint It Black", "Jumping Jack Flash", "Ruby Tuesday", and "Brown

Sugar" all from what many interpret from the band's prime era. It's this interpretation of the band that reels in the crowd best. With a lot of bands that have such a broad spectrum and catalogue of songs, a tribute band can deliver the show that a band forgot how to play (that or they're physically unable, see: Def Leppard). For example, if one were to partake in witnessing a tribute to Styx, they'd be able to relive the days of Dennis DeYoung (rather than Lawrence Gowan's current incarnation of the band) portrayed by a group of musicians posing as the original members.

Unlike most bands that have been honoured by the creation of tributes, the Rolling Stones have embraced just what songs fans truly appreciate. This means that a tribute performance by the likes of Hot Rocks, or any other tribute band for that matter, is virtually the same as a paying the overpriced admission to see the real band (minus the divine presence of the actual performers, guest appearances, and a handful of new songs). And this is where the tribute becomes a totally different experience. Anyone who wants to see the Rolling Stones in their glory days without Christina Aguilera stopping by and singing back-up vocals or without material from the late 90s and on can rejoice in knowing the band they fell in love with exists in some way. And this brings us to the performance.

Truth be told, when an audience member shouted "You're better than the real Stones!" there was no doubt that it was an overstatement, but the performance carried qualities that diehards were more than willing to pay the price of admission to see. When "Start Me Up" kicked off



CONTRIBUTED

Rolling Stones tribute band Hot Rocks performed at the Fraser Auditorium on March 11th. Fans rocked out to the classic rock songs, including "Paint it Black" and "Brown Sugar".

the performance and switched into "Can't You Hear Me Knocking" the audience were more than happy to oblige the band with applause. The performance was tight, instrumentally sound, and full of signature Rolling Stones mannerisms. Even Hot Rock's fashion sense was close to the authentic image of their heroes.

Perhaps one of the most entertaining aspects of the evening was the audience participation. During several instances throughout the night, fans would run onstage and dance with the band, something that rarely happens with concert security these days. Hot Rocks took this incredibly well and even gave over the microphone during the evening's closer "Satisfaction" in an attempt to satisfy both themselves and the fans (apparently

they can get it). Meanwhile, in the back rows of the audience, voices were heard loudly cheering on the Rolling Stones they'd grown up with. So maybe it wasn't the real Keith Richards playing graciously solo to solo with a charming grin, but nobody really seemed to care. The tunes were what they wanted to hear, and the band knew just how they wanted it.

Along with keeping the idea of marriage and music interrelated, a band that some may interpret as Lively's answer to The White Stripes took the stage as the opening act for the evening. The band was Salisbury Road, and they consisted of a married couple (same arrangement as Jack and Meg) who play a blues based style of rock. Their covers ranged from songs originally by The Beatles, The Guess Who,

Simon and Garfunkel, and many more. The songs were familiar enough for audience members to sing and clap along carefree with the sweet harmonies of the musical twosome.

At the end of the evening, when all was said and done, old fans cheered for hearing the music they loved, and new fans embraced a sound that they won't forget. The audience cheered loud enough for an encore that Hot Rocks were more than happy to give them. Colgan and company were nearly as excited as the crowd. They had to look no further than the front row of Fraser Auditorium to remind them why they were doing what they love best, and enthusiasts didn't have to look further than a tribute to remind them just who the Rolling Stones are.

Students gain insight at Model UN in Ottawa

BY ALEXANDRA TAYLOR
ASSISANT EDITOR

Laurentian recently sent a delegation of students the annual CANIMUN conference in Ottawa. The Canadian International Model United Nations is a 3 day event held to allow students to learn about the functions of the United Nations as an organization. Started in 2002 by the Department of Foreign Affairs and International Trade in partnership with the United Nations Association in Canada, CANIMUN has grown to include over 600 participants.

Established in 1946, the United Nations Association in Canada (UNA-Canada) works to

involve the Canadian public in the UN organization, as well as educating about global issues and politics. Working directly with youth, UNA-Canada challenges students to learn and confront the problems that currently face the world and their own lives.

Delegates from across Canada join students and volunteers from over 15 countries, converging every March in Ottawa to discuss and vote on current issues facing the United Nations. The bilingual conference is also supported by a number of international staff, including translators in French, English and Spanish. With approximately 25 simulations running at the same time, including the Security Council

and the general assembly, each committee was challenged with the problems that the real United Nations faces daily. Laurentian students were exposed to a variety of official features, including embassy briefings, an International Press Forum, a daily bilingual newsletter and an Ambassador's Reception.

"After attending CANIMUN, I can see how diplomacy takes so long," said Sebastian Perth, a Laurentian participant. "There are so many actors involved and different relationships to consider. It has made me respect the real UN a whole lot more, the fact that they get any work done is amazing."



Sebastian Perth / Contributor

Laurentian students and faculty join the Iranian councillor at the Canadian International Model United Nations in Ottawa.

Dodgeball Tournament!

BY SARAH PATTERSON
LOCS PRESIDENT

On Sunday, February the 11th in the Alphonse Raymond Gym, eight teams competed in a fierce and terrifying game. With pressure and balls coming from every angle it was a wonder anyone lasted at all. The name of this game is Dodgeball.

That's right, the much-anticipated LOCS tournament went down on the weekend of the 11th with a great turnout. Not only was every player pumped and ready to perform but also ready to cheer their team mates on when it was needed. The event started at about 10:00 AM with a round robin. Although there was only one person (aka: me) to lead them through the games, most of them listened really well and the games got on smooth enough. The longest game was almost 10 minutes with Team Evil as the victor and the shortest game was less than a minute with Team SWAT taking the win.

Between the round robin and the elimination round a draw was held to give away some of the great prizes from our sponsors. With all that's said and done the final round, held between team SWAT and team May Contain Nuts was won by the latter. To give you an idea of what the tournament was like, I asked one of the Dodgeball participants, Jason Simac, a few questions.

What team were you on?

I was the hero and captain of 'Team Evil.'

What did you like about the

tournament?

I haven't played since grade school, it was a chance to get some friends together and meet new people. One team I played against exhibited great sportsmanship-they were really in the fun spirit of the event.

What did you dislike about the tournament?

There was one team that was there to kill, not to have fun. They sucked; worse, I think they came in second.

Would you participate again?

Hhhhe-e-e-lilll yeah!

Who was your biggest threat in the tournament?

The guy on the kill team with the crazed look in his eyes-that look that says 'winning is everything.'

Any extra comments related to dodgeball?

I'd like to see it evolve into a more popular sport. Like in basketball, y'know? Whoever put the tournament together must be brilliant and talented!

I'd like to thanks everyone who came out and participated in the Dodgeball tournament, you helped make it a great event. The people who really need to be thanked, again, however, are the ones who sponsored us, these people include the book store, Aramark, the SGA, the games room, Molson and Rainbow Cinemas. What a lovely way to wrap up another year with LOCS, on the note of a great event. That's it for us this year, folks.

FEATURES

Had enough of Knit

BY MATTHEW MOSKAL
A&E EDITOR

As a young suburbanite in South-Western Ontario, I grew up lacking a lot of domestic skills. This is hardly a statement about the geography of my youth; it's actually a statement about how lazy I've always been. But like anybody else that's practiced the fine art of procrastination, I'm well aware of the repercussions of my actions. There is an inevitable snowball of stress of Raiders of the Lost Ark's famous boulder-like proportions that can crush us all if we're not cautious with our time management. Even the most astute scholars are cognisant of just how damn big this snowball can be, no matter how organized you are. So how do you avoid getting hit by this symbolic snowball of stress? Fortunately for me, I found a way to solve the issue of lack thereof domestic skills and stress in one fine swoop: knitting class.

Last issue, Jan Stevens of Student Services provided 9 handy reasons why you should learn how to knit. Provided at the end of the article was an advertisement for a course in room L-239 on Fridays at noon with instructor Pauline Therrien. Having never actually knit before in my life, and being somewhat sceptical that manipulation of yarn would derail the over-

whelming snowball of stress (unless of course the yarn was in a ball of similar proportions to the metaphorical snowball) I decided to attend the group gathering to see if knitting was an effective solution to those anxious jitters we all face. And to make things interesting, I was going to see if I could learn how to knit by the end of the class. Here's how it played out.

I arrived around 11:55 to see whether or not my fellow knitters were as excited to get their get their hands on the needles as I was. Reason # 8 in last week's article indicated that there's a good chance of making new friends by knitting. Unfortunately, there's no real way to tell group members apart from people venturing to the Great Hall, and thus I stand somewhat distant from my destination waiting for someone to approach me. It was kind of like my first day of high school all over again.

The clock strikes 12:00 and the room isn't opened just yet. Turns out there is a meeting taking place. However, a group has clearly formed outside of the room. These are either protestors trying to discontinue the meeting, or my peers, hopefully. I slowly approach in hopes of not being singled out. This plan does not work, as I am the only male in attendance. But, on the plus side,

everyone in around me looked like they give great hugs.

By 12:05 the room is finally open and we enthusiastically form a power circle. Personally, I've always thought the triangle was the strongest shape in geometry and thus we should be more apt to form power triangles. Unfortunately, this is not the case. I'm assured that knitting is in no way going to make me look feminine. Apparently a goalie for the Montreal Canadiens is an avid knitter. This doesn't make me feel better, but it doesn't make me feel worse. I don't feel emasculated by the fact that I'll be knitting; in fact, I was quite excited about it. Whenever I see someone knit in front of the television, the motions are nearly mechanical, and it's actually quite intimidating. This is of course because their motor skills have been heightened (Reason #2 as indicated on last week's list). Perhaps if one were to knit long enough, superhuman motor skills aren't too far away.

12:20 swings by. By now we've received word of today's activities and given our supplies. Our instructor, Pauline, already has quite a knack for knitting (and teaching as it turns out). Her demeanour is tremendously positive (maybe because of Reason #9), which makes this course seem like it's going to be much easier. Our lesson for the day was

how to cast-on, which everyone learns how to do within the next five minutes. Lucky them. All I can think about is how many individual threads go into one string of yarn. This doesn't help as it soon becomes apparent that these threads will separate if my needle goes in the wrong way. Suddenly, Reason #4 (anger management) stops making as much sense. This would probably have gone better if someone else in the group was writing the article.

My cell phone reads 12:30 by the time I finally think there's a possibility that I may know what I'm doing. Everyone else has several centimetres of cast-on completed, and I'm trying to copy off the person next to me. She's graceful, and I'm envious. Pauline eventually comes by and helps me knit my first four real cast-on. I think I may have the hang of it. Everything's so easy for Pauline.

It's 12:45 by the time I finally have it figured out. I'm casting on with ease. Unfortunately though, knitting has not improved my math abilities (Reason #1), but they were never really something I was proud of in the first place. The needle is covered with yarn in uneven splotches of cast-on, but I'm still proud. At this point the group finally starts up a conversation. It's surprising, we all started out so perplexed by the simplest of

tasks. We'd all seen others knit, some of us have learned from our families or friends how to properly cast-on, however we all started out like it was our first time. Next thing you know, the whole group is being vocal about their projects and various other topics until the end of the class. Though I'm several steps behind, I still feel that as a group, we've all made a pretty big stride today.

Finally, we get to 1:00, but I'm still knitting. Despite the imprecision and lack of experience, I am starting to enjoy myself. My mind is one with the needles, and like the intricate mess I've let my thoughts become, everything starts to take shape. It's almost scary.

With one hour of knitting education under my belt, I almost feel too confident about the craft. You could call me a liar if I ever tell you I didn't have fun in knitting class, or if I tell you that I haven't knit since then. The truth is, knitting is pretty relaxing when you get into it. Like any hobby or craft, once you get the hang of the general concept, it's a matter of repeating your actions and elaborating on what you've been taught.

Would I recommend attending a knitting class as a form of stress relief? I can't see why not.

The Private vs Public Health Care Debate

DEREK SMOLIN
CONTRIBUTOR

Currently, health care reform is 'center stage' in many domestic and international debates. For Canada, the contemporary debate has been between the current public health care system and the adoption of a market-based health care system, particularly which system provides the best quality care. Because, private care increases costs and delivers less, only a public health care system will benefit all Canadians.

Many will argue that Canada needs to adopt a more privatized system. The problem is many Canadians are willing to switch systems without any knowledge. The U.S. shows HMO costs have increased and exceeded Canada's cost per capita by 2,000 dollars. Based on this statistic, governments and market system supporters cannot claim that taxation decreases significantly with the shift to private health care.

The American system pro-

vides quick and cheap quality treatments to people who cannot afford top-notch insurance. This poor quality care is headed by large greedy firms and CEOs. Since many CEOs of health care institutions are paid by a percentage of the patients' premiums, they are quick to assess illness and send patients home. They also encourage patients to decline long-term care. Poor people in the United States, who are covered under HMOs are usually sent to hospitals with high death rates, because the hospitals give a 'deal'. Private health care lacks the standards and control a federally instituted public system can provide.

The same greed urges wealthy Canadians and big businesses to pressure the government towards marketed health. These wealthy Canadians also tend to vote for Conservative governments because the Conservative party supports economic expansion into the neo-liberal market system.

Only large businesses will benefit from privatized health care. As often as it seems, if failure occurs during this switch, it would be the working class paying for the mistakes. Supporters claim that this switch will advance the technology and treatment in Canada, but these advancements will come at a cost. This cost is unknown because of the markets competitive nature.

This competitive nature is comparable to fast food services. When you go to a fast food restaurant you tell them what you want, pay for the combo you can afford, receive your purchase, then eat and leave. The same process explains private health care. You go to the hospital, receive treatment based on your insurance plan, the Doctor quickly assesses/services your illness then you leave. It gets worse for low income citizens. They do not get a choice in service, treatment, or care. This is all set up through the governments HMO plans.

Yes, the government will provide healthcare for the elderly and poor, but is it adequate? No. In the United States, HMOs often offer below average care, offering the quickest and cheapest treatments. Private health care does not only provide inadequate service, the competitive market creates the cutting of costs and quality for profit. The switch from public health care to private health care is a switch from patient care to financial care.

The bottom line is that the working class and low income citizens suffer from a market-oriented health care system. Wealthy Canadians, who encourage this shift, have no need to worry about insurance costs or Healthcare bills. The evidence clearly indicates that low income families in the United States neglect proper health care because they have to pay rent, buy food and all other amenities. More people remain sick and die from preventable illness because health care is not respected as a

priority. What is priority, a job or reliable health coverage?

Certainly private health care will provide more jobs and more income for Federal and Provincial social spending, but it is not worth the public health care policy Canadians have worked hard to achieve. If every Canadian had a job, their wages would not compare to the cost of private health insurance. And with the nature of insurances, costs increase.

As it stands health care in Canada is 'free'. A broken arm, MRI or pregnancies are cover by public insurance. Instead of giving up on the public system, people need to understand the impact a market-oriented system will have on all Canadians. These are the issues Canadians should be familiar with before they decide to accept a new health care policy. Private health care will not enhance health treatment more than it is now. Only public health care provides the appropriate care Canadians need.

Angrand takes silver at CIS Track championships

BY LAUREN LAROCQUE
SPORTS EDITOR

In her first ever CIS indoor track championship appearance, Laurentian's Leila Angrand took home a silver medal in the 3000-metre and a seventh place finish in the 1500-metre.

In Angrand's best event, the 3000m, Megan Brown, who has been the class of Canadian distance runners this year, took an early lead and maintained it for the gold medal. However the real

race was for the silver and bronze medal, with four women separating themselves from the field and running as a pack for much of the race. The breakaway group included Angrand. The race was filled with position jockeying and hard surges with Angrand running a superb tactical race, establishing a position on the outside shoulder of the pack's lead runner and covering all surges with shifty changes of pace and moves along the curb.

With three laps two go, only Angrand and Erin McLean

remained, but Angrand suffered a mental lapse, allowing McLean's final surge to go unchallenged. McLean opened a 30-metre lead, which Angrand whittled down to 25 on the final lap; however, as McLean entered the home stretch her lead was still 25-metres with only 60-metres to go. Angrand unleashed a furious kick and, in front of a screaming, capacity crowd, crossed the finish line one second ahead of the faltering McLean.

"I wasn't aware that I had a chance to catch Erin until I heard

the announcer mention the fight for the silver medal. I looked up and saw there was still a chance, and just gave it everything I had on the home stretch" said Angrand.

Her time of 9:49.86 was a seven-second personal best and earned her a CIS second-team all-Canadian spot. "It was a heck of a kick and had to be the comeback of the meet" said assistant coach, Darren Jermyn. "You don't often see a runner close 20-meters when there are only 60-metres to go".

In the 1500m, Angrand, still fatigued from her 3000m effort, became caught behind the pack and could not move through the traffic on her finishing kick. She placed 7th with a time of 4:35.83.

"Leila truly deserved this medal" said head coach Dick Moss. "She's done everything required of an elite runner, from conditioning, to physio, to nutrition, to tactical work and mental training. She has a ton of talent and she's only going to get better".

CAMPUS NEWS

LU Swimmers Final At CIS Championships

CONTRIBUTED BY
LAURENTIAN VARSITY
OFFICE

The Laurentian Lady Vees and Voyageurs swim team competed at the CIS championships from February 24th to 26th at Dalhousie University. It was an abbreviated squad of qualifiers with four men and four women having made the trip. The Lady Vees finish the championship in 18th place with 12 points, while the Voyageurs finished in 16th place with 60 points.

Day one of the CIS championship opened with only one Laurentian swimmer reaching the finals with Ryan Smith qualifying for the B-finals in the 400-metre individual medley with the ninth fastest time. In the evening finals he improved on his heat time of 4:30.20 with a time of 4:27.38, which was good enough for 10th place overall and second place in the B-final race itself. Smith then combined with teammates Blair Smith, Zack Hurd and Mike Allain to earn an 11th place finish in the men's 400 metre freestyle relay.

No women's swimmers reached finals on day one and therefore sat with no points, however, Amanda Long improved by five seconds on her seed time in the 400 individual medley.

Day two was a fruitful one for Laurentian swimmers with Ryan Smith and Stephanie Kuhn reaching the B-finals in the 200-metre butterfly and 50-metre butterfly respectively. In the morning preliminary session Smith swam a time of 2:06.18, good enough for the 12th fastest time and a spot in lane six of the B-final. In the evening he improved his time by just over a second to 2:05.14 and jumped two spots finishing second in the consolation final and in 10th place overall. He earned another seven points for the Voyageurs.

Kuhn opened her day prepared to swim in two events the 50-metre freestyle and butterfly. In the freestyle event she finished in 25th place in a time of 27.30, however, it was in the butterfly event where she qualified for the finals swimming the morning's preliminary heat in a time of 29.02, good enough for a 14th

place seed for the finals. In the evening's B-final Kuhn improved on her morning seeding finishing in 11th place overall and third in the consolation final in a time of 28.93. Kuhn earned six points to get the Lady Vees on the board in the team standings.

In the relays the Laurentian foursome of Blair Smith, Mike Allain, Zack Hurd and Ryan Smith finished in 10th place in the men's 800-metre freestyle relay. Their time of 7:48.46 was a full seven seconds better than their seed time.

Smith opened the final day by qualifying 13th for the finals of the 200 backstroke in a time of 2:05.91. He then went onto qualify 10th in the 200 individual medley in a time of 2:07.34. In the evenings finals session, he moved up two positions to 11th in the 200 backstroke with a time of 2:04.08, then closed out his individual performances with a 12th place finish in the 200 individual medley with a time of 2:07.09.

There were no individual female swimmers to earn points on day three; however, they did earn some points in the evenings relay session when the Lady Vees 400-metre medley relay team finished 14th with a time of 4:36.94. In the men's 400-metre medley relay the Voyageurs finished in 13th place with a time of 3:59.56.

The Lady Vees finished the CIS championships in 18th place with 12 points, while the Voyageurs earned themselves a 16th place finish with 60 points.

Complete Laurentian results are:

Kyleigh Commito: 200FR-33rd, 100BF-31st, 24th-400FR, 24th-800FR

Zack Hurd: 21st-50BK, 33rd-50FR, 27th-100FR

Stephanie Kuhn: 50BK-24th, 50BF-14th/11th, 25th-50FR

Amanda Long: 400IM-28th, 19th-400FR, 17th-800FR, 31st-200BK

Ryan Smith: 400IM-10th, 12th-200BF, 10th-200BF, 200BK-11th, 10th-200IM

Blair Smith: 200FR-24th, 400IM-25th, 19th-400FR, 16th-1500FR

The Write Way at LU

Is writing important when answering exam questions? You bet! Particular words are used in these questions and a clear understanding of them will help you write your best answers ever!

Analyze: Break subject into sections and deal with each one.

Compare: Usually means looking for similarities—check with professor to be sure.

Contrast: Finding differences

Criticize/Discuss/Evaluate: Give positive and negative elements of the subject and draw conclusions.

Describe and Explain: Clarify the subject with major details and evidence.

Illustrate: Give examples.

Interpret: Show that you understand the meaning.

Justify: Give the reason for or purpose of a statement.

Prove: Confirm a point with facts and details.

Relate: Show links among/between topics.

Summarize: Provide the main points.

Trace: Indicate how something developed.

Have Mercy: Stress Relief in a busy world

BY JAN CARRIE STEVEN
STUDENT SERVICES
COUNSELLOR

The school year was 1975/1976, the location was University of Guelph, the main killer courses were organic and inorganic chemistry. I was broke, my sweetheart lived in St. Catharines, and my relationship with my folks was shaken, not stirred. I had trouble eating and sleeping, and my innards weren't working right. So what did I do to survive? Because I did survive—in fact I had an over 80 average by year end.

I had some awesome assets. My apartment mate, Erica, was a wonderful woman; between the two of us we had four cats. And there was this other thing... Oh yes—everyday between 4 and 5 pm, playing in one of the largest student lounges, was the original Star Trek. At the time it wasn't "original"—it was the "only," even though it had been cancelled for a few years by then.

It was a massive group hug mixed with strict religious observance. We Trekkies would try to get there as early as possible to get a good seat. And when the music came on and the voice started, "Space...the Final Frontier. These are the voyages of the starship Enterprise..." we were transported into our favourite world. A world where Klingons could be defeated, the good guys could be transported out of any bad situation, and every problem had a solution—even if it came late, as it always

did in Scotty's engineering room.

We need the option of such collective releases on the Laurentian campus. Dr. Duncan Matheson from Social Work once pointed out that counselling is only one way of coping with stress. And this left me asking the question, "What are some of the other ways of reducing stress that could be incorporated on campus—regardless of age, gender, ability, or pocketbook? Ones that don't rot your brain or your gut—and that allow us to meet our belongingness and nurturing needs in a group setting?

Activities that come to mind include meditation and yoga, knitting and crocheting and quilting bees, gentle aerobics and stretching classes, pet therapy—especially if the pets are pound animals, and (wait for it, you readers who think I'm granny a go-go...) the modern day equivalent of Star Trek, which is Firefly. Instead of Trekkies, addicts of the Josh Wheaton series are called Browncoats.

Lunchtime would be a good time to offer this program: Meditation and Yoga on Mondays, knitting and crocheting on Tuesdays, etc., on down to Firefly Fridays. And of course on Fridays we would provide cases of cheap pop and buckets of popcorn. You would hear

"Take my love, take my land, take me where I cannot stand.

I don't care, I'm still free. You can't take the sky from me" all the way to the Willet

Green Miller Centre.

You may think I'm being silly—but I'm not. According to Maslow, who every first year psych student has heard of, humans have a hierarchy of needs. We need to have our physical and safety needs met, yes, but we also have social needs. We need to love and be loved by others. Without this opportunity, people can feel increased loneliness, anxiety, and depression. This need for belonging can become so strong that it can at times override physiological and security needs. Take for example the behaviours of daredevils and anorexic people. When our belongingness needs aren't met, our self-esteem can take a real beating. And without a healthy sense of self-worth, it's difficult to "self-actualize", to reach one's fullest potential—in short—to get that "A" or "B" you need to move on in your chosen vocation.

Is playing with a shelter pet or wrapping your self with yarn on campus really going to raise your marks? There are retrospective studies which show that students who participate in extracurricular activities have, on average, higher marks—though this could mean that students who have higher marks are more likely to participate in a variety of things.

I think it is very safe to say, however, that students who have things to look forward to on campus, are more likely to continue their studies.

Pass the popcorn!

Space for Rant:

Why no stop sign? An accident waiting to happen

Dear Editor,

As a Laurentian University student I would like to voice my concern about the new residence on campus. I myself do not really have a problem with the actual residence itself. My concern lies with the entrance off of the main road to the residence. Prior to the construction of the residence, cross-

ing the main road was fairly easy. The main road had the right of way while the road connecting Thornloe, University of Sudbury, and Huntington, had to give way to traffic, hence the stop sign. Furthermore, many people yielded to pedestrians. Ever since the construction of the residences, I have experienced numerous problems crossing the road at this new intersection. I have nearly

been hit on numerous occasions due to reckless drivers. My question is why is there no stop sign for vehicles exiting the residence? It has been 7 months, almost 8, since the residence was opened and I can't believe that no one thought to put a stop sign in. It is ridiculous how students and staff members treat this intersection. It is now



Alexandra Taylor/LAMBDA
Parkdale-High Park MPP Cheri DiNovo visited Laurentian on March 7th to discuss her initiative to raise Ontario's minimum wage to \$10/hour. DiNovo and other panelists answered audience questions and outlined their views on the proposed change.

FEATURES

International Mobility Program facilitates studying abroad

INTERVIEW CONDUCTED
BY BORA UGURGEL,
MANAGER LAURENTIAN
INTERNATIONAL MOBILITY
PROGRAMS

Every year, Laurentian International Mobility Programs offers many exchange possibilities for students interested in studying abroad, whether it's for only one term or for the entire academic year. Shortly after her return to Sudbury, we asked Cynthia Lapierre, a Modern Languages and Études françaises student, a few questions about her experience abroad.

1. How did you learn about the exchange programs offered at LU?

I remember it was second year, so that was fall 2004, two exchange students from Spain Fatima and Fernando came to introduce themselves to our class and tell us about Spain. I had never really thought about studying abroad before, but this definitely opened up a barrelful of curiosity! One day I showed up at Bora Ugurgel's door at Laurentian International Mobility Programs and it all took off from there.

2. Why did you decide to participate in an exchange?

When you're studying a different language, you get to that point where the classroom just

isn't enough. To really be able to communicate in the language, you just have to immerse yourself in it. I guess I just got to that point where I wanted more, and more was to study abroad for a year.

3. What country did you pick and why?

Since I'm studying Spanish in the Modern Languages Department, I picked Spain mostly because it's in Europe. I had never been there before so I thought it would be the perfect time to take advantage of this opportunity. And, anyone who has seen pictures of Spain knows that it's as beautiful as it is diverse.

4. Was it costly to go abroad to study?

Not really. I paid LU tuition fee, my plane ticket, I didn't have to spend that much on books there, and rent was definitely cheaper! I paid about a third of what I pay for rent here in Sudbury. The cost of living was so much cheaper than Sudbury, so I guess it kind of balanced out having to pay for the plane ticket to get there.

5. Tell us about the university you studied at in Spain.

I studied at Universidad Castilla La Mancha (UCLM) in Ciudad Real, a city about an hour south of Madrid by train. What

was great about Ciudad Real is that you can walk EVERYWHERE. The campus is beautiful and the students and staff are all very friendly. Any problem can be solved with the help of the ORI, the international office on campus. My courses were all taught in Spanish, it was quite the experience! At first it was hard, you think: "Man, my Spanish really isn't that good..." But, after some time, it just got easier and easier. I think one of my happiest and proudest moments was when I would leave my teacher's office and realize: "Wow! I just spoke as easily as if I had been speaking in French or English!"

6. Talk to us about your experience.

Firstly, I never would have thought that I would live or study in a city with palm trees. I think one of the best parts was that there were over 100 exchange students at the university. It helps to make friends with people who, like you, are in Spain to learn the language and experience the culture. Some of my favourite experiences were our crazy trips around Spain.

7. Do you have a favourite experience?

It's really difficult to just pick ONE of out all the experiences I had living in Spain. I guess I would have to say the 2 months I backpacked around Europe alone. I never thought I



CONTRIBUTED
Cynthia Lapierre enjoys a sunset in Spain, where she spent time on an exchange program. She also had the opportunity to explore the European culture and lifestyle.

would have the courage to travel alone. It was scary at first, but I met a lot of cool people along the way in the many hostels I stayed at. And, whenever I happened to be "in the neighbourhood", I would stop and visit one of the many exchange students I became friends with in Ciudad Real. It was definitely surreal arriving in a country like Germany or Ireland and casually calling up a friend to see if I could drop by to visit. It was an awesome experience.

8. Finally, would you tell other students to go on an exchange? Why?

Definitely. I had the experience of a lifetime on my exchange to Spain. I got to learn a language while being completely immersed in it. I learnt so much about the Spanish people and culture. I met people from all over the world. I got to travel which was a huge goal I had wanted to get to on my TO DO list in life. I think anyone learning a new language or wanting to know more about a different culture should consider participating on an exchange. Olé!

ADVL Film Fest

Another exciting event is about to take place in Sudbury!

Laurentian University's Outdoor Adventure Leadership Program (ADVL) and Ramakko's Source for Adventure are proud to present the Real Paddling Film Festival World Tour.

The Reel Paddling Film Festival will take place on March 23rd at 7pm at Laurentian University's Frasier Auditorium. The festival will showcase the years best canoeing, whitewater and sea kayaking films. The tour brings the very best paddling films to audiences across North America and around the world and allows viewers to explore rivers, lakes and oceans with paddlers pushing the limits of their sport.

Doors open Friday at 6pm and the show starts at 7pm. Tickets are \$10 in advance and \$12 at the door and group rates are also available. Pick them up in Sudbury's south end at Ramakko's, on campus at Laurentian University's SGA office and downtown at Books and Beans. In addition to watching these awesome films, every audience member receives a free one-year subscription to their choice of Rapid, Adventure Kayak or Canoe roots magazine.

All proceeds from the show will go towards supporting Laurentian's Outdoor Adventure Leadership Program.

Mark this date on your calendar, you don't want to miss out on this exhilarating event!

Official World Tour site: <https://www.rapidmedia.com/filmfest>

The Sustainable Earth Club presents: Sustainable Tips

TIP: MAKE 1 DAY A WEEK MEAT FREE

REASON: Meat production requires a tremendous amount of resources such as water and fossil fuels, while runoff from livestock operations may pollute rivers, lakes and even drinking water. Still not convinced? Think about this: roughly one-fifth of the world's land is used for grazing. That's twice the area used for growing crops. Sadly, much of this land once provided habitat for flora and fauna before being cleared for livestock. Something else to think about: what's good for the earth can also be good for you! Reducing meat consumption lowers the risks of heart disease and stroke. Eating more vegetables, fruits, whole grains and

legumes improves your cardiovascular health and reduces the risks of obesity, diabetes and cancer.

HOW TO: Meat supplies us with protein, fat, some B vitamins and minerals (mostly iron and zinc). Additionally, fish supplies vitamins A, D and E. All of these nutrients can be found in other sources.

Here is a list of foods that you might want to put on your next grocery list:

Nuts and Seeds: Hazelnuts, Brazil Nuts, Almonds, Cashews, Walnuts, Sesame Seeds, Pumpkin Seeds, and Sunflower Seeds.

Legumes: Beans (black beans, kidney beans, navy beans, lima beans, soya beans, chickpeas etc.), Peas (green and yellow peas, black-eyed peas),

Lentils (red and green lentils), and Groundnuts (such as peanuts).

Grains and Cereals: Rice, Wheat, Millet, Quinoa, Teff, Barley, Buckwheat, Corn, Spelt, Kamut, Oats, Rye and Amaranth.

Vegetables: Some raw vegetables are required for good health and digestion, otherwise vegetables may be lightly steamed, sautéed or baked to best preserve nutrient content. Sea vegetables are especially nutritious (kelp, alaria, dulse).

And remember: Food choices should be local and organic whenever possible!

This tip is courtesy of Dr.

Suzuki's Nature Challenge
For more information please visit:
<http://www.davidsuzuki.org/wol/challenge/>

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When: Friday, March 23rd @ 12pm

to

Saturday, March 24th @ 6pm

In the Student Centre